ALMOST HEAVEN
SAUNAS®

Logan Sauna
Installation & Owner's Manual

In addition to reading this manual through to the end before proceeding with assembly you may find our instruction video helpful.
You can find it at: **youtube.com/user/almostheavensauna**

ALMOST HEAVEN SAUNAS

Read this entire manual through to the end before proceeding with the assembly.

Thank you for your purchase of your Logan sauna! Should you have any questions during assembly, please feel free to call us at **888.355.3050**, or email **sales@almostheaven.com.**
Regular business hours are 9-5 EST, M-F.

Your Logan Indoor Sauna is specifically designed to utilize your existing floor. As such, assembly is made very simple since the entire sauna sits on pre-fabricated rails and risers. Your sauna can be assembled on any surface that is firm and flat, including concrete, ceramic, vinyl, laminate or tile. Installation on a carpeted surface is not recommended.

Your Logan kit should include the following:

- [ ] 4 floor risers
- [ ] 4 Wall support rails
- [ ] 4 Roof support rails
- [ ] 2 Roof panels
- [ ] 2 Pieces of roof trim
- [ ] Wall panel A
- [ ] Wall panel B
- [ ] Wall panel C
- [ ] Door panel D
- [ ] Window panel E
- [ ] Wall panel F
- [ ] Bench
- [ ] Backrest w/LED light
- [ ] LED power supply
- [ ] Door handle assembly
- [ ] Heater
- [ ] Stones
- [ ] Wall sensor cover
- [ ] Hardware bag containing 2" screws, 2.5" bench screws, and trim nails
- [ ] Heater fence kit

These tools are required to assemble your Logan sauna:

- [ ] Cordless drill
- [ ] Tape measure
- [ ] Rubber mallet
- [ ] Hammer
- [ ] 1/2" or 5/8" Forstner bit
- [ ] Utility knife
- [ ] Screwdriver (phillips and flathead)
- [ ] Level
- [ ] Step stool or ladder
- [ ] Framing square

Step 1. Connect the Four Floor Risers

Fasten the four floor risers together using the predrilled holes as a guide. (1-2)

Image 1

Image 2

Step 2. Position Wall Support Rails

Align each wall support so that the angled cuts make a corner. Each wall support has a predrilled hole. Fasten the front, back, and sides together (3 & 4) and lay the assembly squarely on top of the floor risers with the groove facing *up* (5). The rails should overlap both sides of the riser by approximately 1" (6). Secure the assembly to the floor risers using three screws evenly spaced on each wall support rail (7 & 8).

Image 3

Image 4

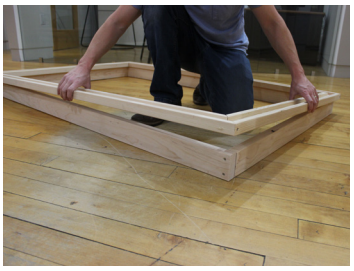

Image 5

Image 6

Image 7

Image 8

Step 3. Position wall panels A & B

Position wall panel A in the groove of the left rail and push it flush against the back rail. Having a helper hold wall panel A, placewall panel B in the groove of the back rail (9 & 10). Push the flat edge against wall panel A. Align the two panels so they are flush and fasten them together using the 2" screws through the predrilled holes (11).

Image 9

Image 10

Image 11

Step 4. Position Wall Panel C

Position wall panel C into the groove of the back rail. Attach it to wall panel B by way of the tongue and groove fit (12 & 13). Secure it by tapping it into place with a rubber mallet.

Image 12

Image 13

Step 5. Position Door Panel D

Position door panel D onto the front rail, being sure to snip the twine holding the door to the frame (14). Push door panel D into place against wall panel A (15). Being sure the two panels are flush, fasten them together using 2" screws through the predrilled holes on panel A.

Image 14

Image 15

Step 6. Position Window Panel E

Window panel E will connect to door panel D via tongue and groove fit (16 & 17).

Image 16

Image 17

Step 7. Position Wall Panel F

Place wall panel F in the right-side rail. Fasten through predrilled holes into wall panel C and window panel E (18 &19).

Image 18

Image 19

Step 8. Bench and LED Backrest Installation

Note: You may choose to install all the benches and backrests after the sauna is completed, but you may find it easier to install with the extra space and light afforded at this step.

Mount the Bench on the pre-placed bench supports. Fasten it in place using the pre-drilled holes on the sides, top, and bottom of the bench, firmly attaching it to the bench supports and to the wall of the sauna (20 & 21).

Image 20

Image 21

Measure the desired height at which you want to install the back rest (suggested: 8-12" above the bench, centered on the wall). Use 2" screws and pre-drilled holes to attach the Back Rest to Wall Panel F (22).

Image 22

The LED lighting comes installed on the back of the Back Rest. Find the cord coming from the light switch and bore a 5/8" hole in wall panel C to insert the light cord through so it comes through to the outside of the sauna (23-25).

Image 23

Image 24

Image 25

Use provided screws to position Power Supply where it is most convenient for you on the outside of wall panel C (26). Optional: Secure excess wire with zip tie or some other fastener as desired. Plug the cord into the power supply (27). Plug the power supply into any wall outlet, and flip the switch mounted on the back of the bench to operate the LED light.

Image 26

Image 27

Step 9. Assemble and Position Roof Support Rails

Align each roof support rail so the angled cuts join together to make a 90-degree angle placing the longer supports on the sides and the shorter supports on the front and back. Fasten them together using 2" screws through the pre-drilled holes (28 & 29). This is the same assembly you performed in Step 2.
Place the assembly on top of the wall panels so that the wall panels fit snugly into the groove. When in place, secure the assembly to the walls using three 2" screws on each rail (29 & 30).

Image 28

Image 29

Image 29

Image 30

Step 10. Position Roof Panels

Position the two roof panels on top of the roof support rails with the predrilled holes facing *up* (31-32). The roof panels connect via tongue and groove fit. Align the connected roof panels on the rails so that approximately 1" of the support rails extend past each side of the roof panels. Once evenly spaced, secure the panels with 2" screws through the predrilled holes (33). Install the provided trim pieces with the 1" trim nails to cover the raw edges of the roof panels (34).

Image 31

Image 32

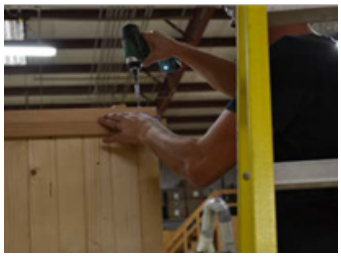

Image 33

Image 34

Step 11. Accessories

1. Install the vent hole cover using the provided screw and washer (35 & 36).
2. Install door handle with wood handle to the interior of the sauna (37 & 38).

Image 35

Image 36

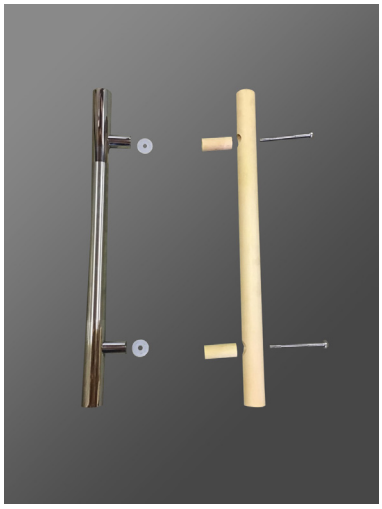

Image 37

Image 38

Step 12. Finishing Touches

After the sauna has been installed, sweep down the inside to remove any sawdust and wood shavings, and then vacuum completely. Using a damp cloth with warm water, wipe down the entire sauna including the benches to remove any remaining dirt, dust and debris.

Step 13. Heater Installation

Please consult your heater manual for all heater installation information. All electrical connections must be done by a qualified licensed electrician.

Optional Heater Fence Assembly

The heater fence kit will come banded in stretch wrap, remove the wrap and place the two pieces on your working surface (39-40). Match the two pieces as shown below (41).

Image 39

Image 40

Image 41

Turn over matched pieces so the long section is face down. Ensure the boards are flush in the top corner for optimal fitment (42). Attach the two pieces together using the two predrilled holes and remaining screws from your sauna hardware kit (43). It is recommended to keep pressure on the two square boards during fastening for easier assembly. See below for finished heater fence (44). To install heater fence into sauna, use the four predrilled holes and screws from sauna hardware kit (45-46). Place fence around heater and fasten into side and front wall panels (47).

Image 54

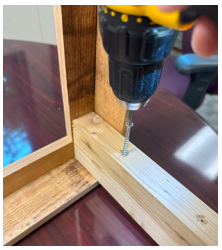

Image 55

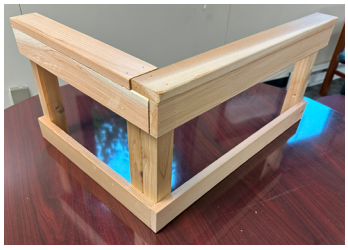

Image 56

Image 57

Image 58

Image 59

TRADITIONAL SAUNA USE

Congratulations! You are ready to enjoy your sauna! You may use your sauna in a wet or dry fashion. A dry sauna means you do not sprinkle any water onto the stones, while wet means you increase the humidity of the room by sprinkling water on the stones. Please note that not much water is needed to achieve a wet sauna experience!

The sauna as we know it originates in Finland. The typical sauna experience follows the steps below, but you may enjoy your sauna in any way that you like!

- Set your heater so your sauna achieves the desired temperature. This is typically 150 -170+ degrees F. Please note, novice sauna users should begin at the lower end of that range and increase their high temperature over time.
- Take a quick shower or a quick dip in a hot tub or pool.
- Step into the sauna and enjoy for 5-15 minutes, bringing a towel to sit or lay on. Leave the sauna once you are perspiring freely.
- Take a plunge in a pool, shower, snowbank, lake - anything that will cool you down! After that, relax and cool down for 10-20 minutes.
- Step into the sauna again. During this visit, you may wish to sprinkle small amounts of water onto the stones to create bursts of steam. If water spills through the heater to the floor, you are using too much water, though this will not hurt the heater or the sauna.
- Continue repeating this process. After your final visit to your sauna, relax for at least 20 minutes. Shower with warm water initially, finishing with cool water to close your skin pores.
- Prepare to feel refreshed for the day or to have an amazing night's sleep!

Whatever your sauna routine, it is imperative that you **STAY HYDRATED!**